

December
at ARC
***Supports for you and
your family***

*Merry
Christmas!*



Services will pause from Friday 12
Dec and resume on Monday 05 Jan.
**While the Drop-in support will still
be available from
Dec 15th -19th, (Mon-Thurs: 10am
– 4pm) & (Fri – 10am-2pm).**

*We hope you all have a happy
and peaceful Christmas and
wish you all the best for 2026.*

Register Now!!

- Email:
info@arccancersupport.ie
- or call us on (01) 215 0250.

One-to-One Appointments

Available free of charge:

- Counselling for adults (phone, online or in-person)
- Child, Teen & Young Adult Therapy (South Circular Road + Eccles Street)
- Acupuncture & Reflexology
- Manual Lymph Drainage (SCR)
- Roches Wigs & Breast Care Clinic – Thursdays (Eccles Street)
- To book: 01 492 6829

**ARC offer's a warm, safe
and supportive space for
anyone affected by
cancer.**

Registered Charity Number:
20028428
www.arccancersupport.ie

**Workshops, classes
and one-to-one
support at no cost!**

- 65 Eccles Street, Dublin 7
- 559 South Circular Road, Dublin 8
- 23 Herbert Ave, Dublin 4

Zoom Support Groups- (Free to join!!)

Breast Cancer Support Group

Wed 03 Dec:
5:00pm – 6:15pm

Prostate Cancer Support Group

Fri 05 Dec:
10:30am – 11:30am

Gynaecological Cancers Support Group

Wed 10 Dec:
10:45am – 12:15pm

Secondary Cancer Support Group

Wed 10 Dec:
1:30pm – 2:45pm

Monthly Support Groups

In-house Mindfulness Class

Thurs 2:30pm-3:30pm

Location: Eccles Street Centre

Breathwork Workshop

Friday - 5th Dec
10.00am to 12.00pm

Location: Eccles Street

Mondays Pilates
12:00pm – 1:00pm

*

Wednesdays Yoga
9:30am – 10:30am

*

Thursdays Mindfulness
2:30pm – 3:30pm

Upcoming Courses 2026!! (Jan/Feb)

CLIMB® Programme (Children 5-12)

7 sessions | Tuesdays | Starting 20 Jan 2026
| 4:00–5:15pm (South Circular Centre)
7 sessions | Wednesdays | Starting 28 Jan
2026 | 3:45–5:00pm (Eccles Street)

Yoga for Emotional Release (Adults)

8 sessions | Thursdays | Starting 14
Jan 2026 | 12:30–1:30pm (SCR)

EMPOWER: Cancer and Menopause (Adults)

8 sessions | Wednesdays | Starting 17 Feb
2026 | 10:00am–12:00pm (SCR)

Stanford Thrive & Survive Programme (Adults)

6 sessions | Fridays | Starting 13 February
2026 | 10:00am–12:30pm (SCR)